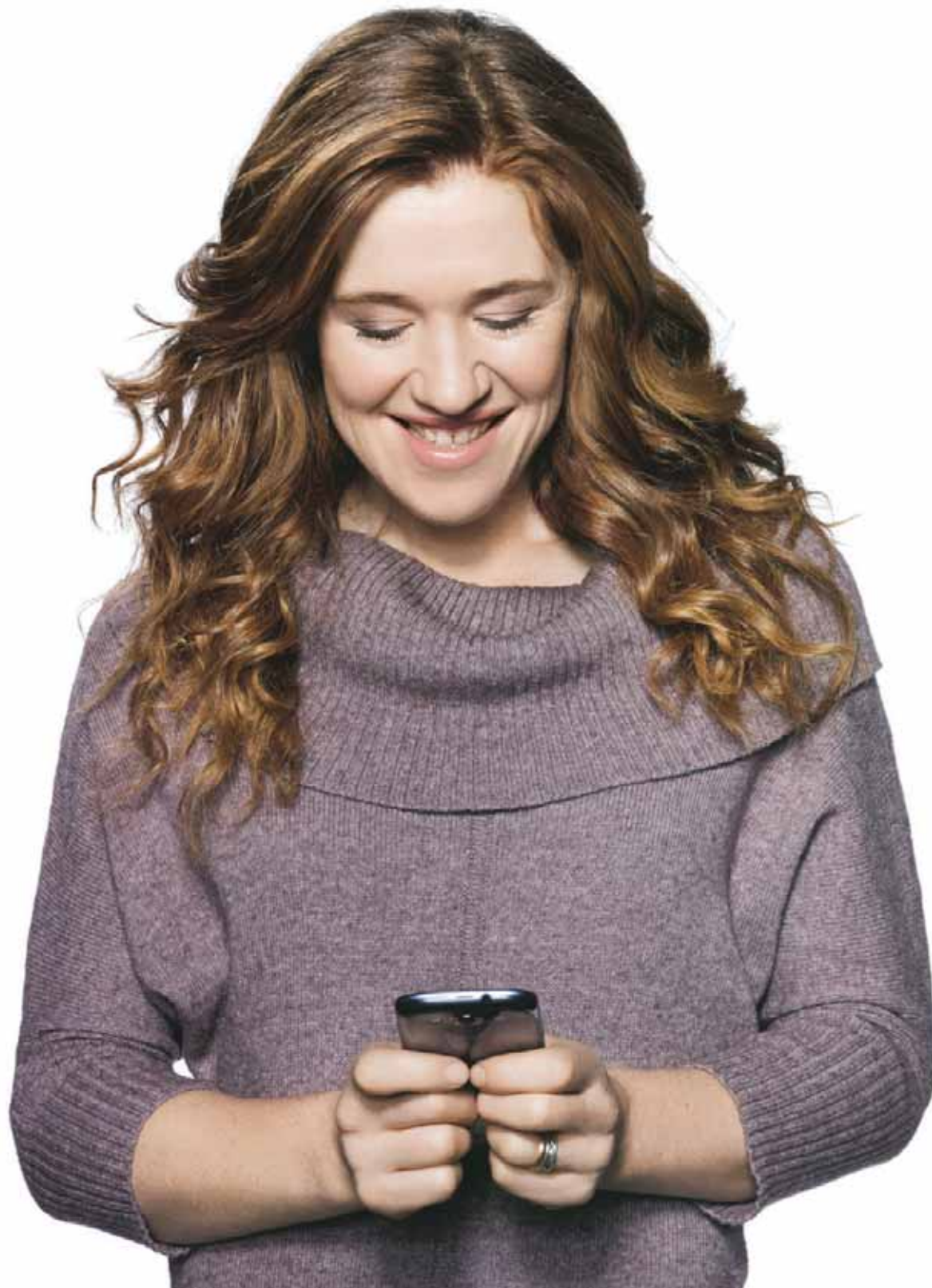


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Consumer privacy: Ring any Bells?

Telecom giant in hot water over data collection **PAGE 13**



GETTIN' VITAMIN D WHEN THE SUN DON'T SHINE

CHECK OUT THESE TIPS FOR GETTING YOUR MIRACLE VITAMIN FIX DURING A LONG, DARK WINTER **PAGE 18**



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OIL BEST WEST RIVALS

David Perron of the Edmonton Oilers celebrates a goal against Canucks goalie Roberto Luongo during the first period at Rogers Arena in Vancouver on Monday. The Oilers won 4-2. For more coverage of the game go to metronews.ca. BEN NEIMS/GETTY IMAGES

Edmonton Transit undergoing major mobile makeover

Real-time service. Private app launching today to be followed by another from city



STEPHANIE DUBOIS
stephanie.dubois@metronews.ca

Data available from the city will allow a new transit app launching Tuesday afternoon to direct Edmonton transit users to the most efficient nearby bus or LRT route headed to their chosen destination.

Aptly called Transit App, the iOS and Android app uses a smartphone's GPS to locate where users are and requires their destination. The app allows users to instantly know where the closest transit stops are and how soon the next bus arrives based on schedules.

"We're giving it to people in a way that they want to take it," said Joseph Wilkinson, vice-president of business development with Montreal-based company Transit App.

The City of Edmonton is also investing time and money in their own mobile app.

Currently Edmonton Transit has the ETS Trip Planner, a website where transit users plug in their co-ordinates and destination using an address, bus stop number or landmark. ETS To Go is the mobile version.

Smart transit

"We're putting the finishing touches, so it's not just the planned things but the unplanned."

Janis Noble, interactive marketing and applications team lead for Edmonton Transit, on improving the city's transit app

But city officials are hoping to improve their mobile transit technology.

"We will be launching an iPhone and Android app in the near future," said Janis Noble, interactive marketing and applications team lead for Edmonton Transit. She added the city is looking at expanding their email alert system for transit users.

Brendan Van Alstine, spokesperson for Transit Riders' Union of Edmonton, said there's a need for real-time transit information in the city.

There are currently only two routes in the city that allow for real-time information, but the city is expanding that service on Feb. 9 to include routes 7 and 57, according to Noble.

The city hopes to have all transit routes equipped with real-time technology within the next two years.

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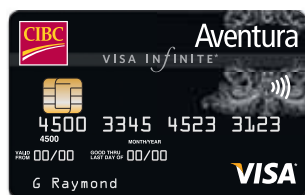
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101st and 82nd

Pedestrian killed by car at crossing

A man in his mid-20s was killed Monday after being struck by a car while crossing Whyte Avenue near 101st Street.

Edmonton police got to the scene shortly after 12:20 p.m. to find the victim on the ground.

According to witnesses, the pedestrian was walking southbound at a 101st and 82nd Avenue crosswalk when he was struck by a yellow Chevy Colbat travelling northbound, making a left-hand turn onto 82nd.

Police believe neither speed nor alcohol were factors. **LEAH GERMAIN/METRO**

Mounting frustration

City working to clear streets first

The city is asking for patience as crews continue to make neighbourhood streets more passable.

In a release issued Monday, the city said it had received 12,000 calls about snow conditions through 311 since the start of the year, but are working to make sure roads are passable first.

"We know that people are frustrated and we take those calls seriously. Conditions being what they are, however, we have to set priorities," said Bob Dunford, director of road-way maintenance.

The city is asking people to only report problems once and to limit it to situations in which water is pooling due to obstructed drains, a vehicle can't get through or a windrow exceeds 30 centimetres. **METRO**



The moratorium on body-rub parlours did not impact facilities that were already in operation, but did prevent new ones from opening. **METRO FILE**

Body-rub parlour ban expires soon

Moratorium on new licences. Task force set up to study issue finds it surprisingly complex



RYAN TUMILTY
ryan.tumilty@metronews.ca

New body-rub parlours could be coming to city streets starting next week, as the city's moratorium on the controversial establishments expires.

The ban councillors imposed on licences for new establishments ends Friday.

"It's back to business as

usual," said Garry Dziwenka, director of the licensing department. "We have no power to keep the moratorium going. That is a council motion that would be required."

Dziwenka said the city received two formal applications for new parlours that were turned down but isn't sure if there will be a surge of applications next week.

"We did talk to some people during the moratorium but we have no idea if they are going to follow up with an application," he said.

In addition to the moratorium, councillors set up a task force to study the issue.

Coun. Amarjeet Sohi said that

Your dream job?

Potential owners of a body-rub parlour need a development permit for their locations, pass a criminal-record check and have to take a city-sponsored class before they can start business.

- The parlours are not allowed to operate within 100 metres of schools or daycare centres.

the moratorium was imposed that we might be to find some solutions within six months or so, but we were not able to do that," he said.

Sohi said one of the big issues is that body-rub parlours don't exist in a vacuum, and the city will have to consider other parts of the sex trade.

"Body-rub centres and the escort industry are kind of linked with each other, so controlling one can lead to situations in the other industry," he said.

He said the Supreme Court ruling on prostitution has also created new questions that the group will have to consider.

1 NEWS

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Will she stay or will she go?

Mammoth task.

University starting process to look for a new president

LEAH
GERMAIN

leah.germain@metronews.ca

While the current president's term does not end until June 2015, the University of Alberta has kicked off the process of finding a replacement for Indira Samarasekera if she decides to step down from the position.

"It's really in her world to decide what's best for her" said Doug Goss, chairperson for U of A's board of governors. "She indicated some time ago that 10 years as a president is a good, long term and there is a time to pass the torch."

"Whether or not she stills feels that way is up to her," said Goss.

Goss said the board is planning on being prepared for both scenarios, including Samarasekera leaving or serving another five-year term.

"It takes a good eight to nine months to do a search



University of Alberta president Indira Samarasekera has served two terms in her role. METRO FILE

for a president and ideally you would want that search down at least six months

prior to your existing president leaving because of the transitions period," he added.

Darryl Moore, an Edmonton-based recruiter for Executrade, said filling a position like a university president is a mammoth task.

"This position requires a visionary and strategic thinker who develops and

maintains partnerships at a global level, operations, enrolment, fundraising, political collaboration and have the capacity to lead a team to accomplish this — balancing academia and global practice," he said.

Moore noted that while many leaders in the business world could have several strong skills important

to the role, they could be lacking both political and institutional experience.

"Likewise, those who have significant institutional or government expertise may lack the business acumen," he added. "The fit of this individual is a driver to the future success of the university and the halo that falls to Edmonton."

Athabasca U. Concerns over 'call-centre model'

Students at an Alberta distance-learning university will soon be forced to submit homework questions much like they would lodge a complaint over their cellphone bill.

Athabasca University, which enrolled 5,400 Calgary students in 2012-13, is testing a "call-centre model" in a few science and technology courses starting in February, a move that has prompted the Canadian Union of Public Employees Local 3911 to file a formal grievance with administrators.

"We feel it really impacts the quality of education — it's a cost-saving measure," said representative Yessy Byl.

The model, according to Byl, has students phone in an inquiry for assistance with their studies and then sees them given a reference number and put in contact with an "academic expert." In the courses where a higher number of students are enrolled, Byl said one teacher could provide the answer to a question one day, another could provide a different answer the second day and a third could be responsible for marking an assignment or test.

A representative with Athabasca said university officials could not comment because of the grievance filed by union representatives.

JEREMY NOLAN/METRO IN CALGARY WITH FILES FROM LEAH GERMAIN

Up to the task?

"This position requires a visionary and strategic thinker who develops and maintains partnerships at a global level."

Darryl Moore, an Edmonton-based recruiter for Executrade

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A new project at Edmonton Transit stations will allow users to experience poetic art. COURTESY PATTISON ONESTOP

Transit art says sorry to riders

Poetic apologies.
Boston-based artist
inspired by human
knee-jerk reactions



**STEPHANIE
DUBOIS**
stephanie.dubois@metronews.ca

Edmonton transit users can now pass the time while waiting for the LRT with a new art installation.

Called "Sorry," the art project appears in 10 LRT stations, as well as at Southgate Shopping Centre, until Feb. 28.

"They're really quite darkly humorous. They appealed to me because they're beautifully

poetic and others are fairly quirky," said curator Sharon Switzer. "I think everyone will find something to connect with in them."

Using photos infused with poetry about being sorry in different life incidents, the art project has been making waves across Canada, according to program officials. Boston-based artist Gary Duehr created 20 poems and images for the Art in Transit program by Pattison, saying the project explores human nature's need to apologize for daily actions.

"It started for me with the poems five years ago as a way for me to exercise my own tendency for knee-jerk apologies, which I think a lot of people do these days," he said. "I saw this

as a cultural trend."

Themes like apologies for Vegas, for life in general and apologies for modern art are found in the public art display.

The poems also appear on Toronto transit as well in English-speaking malls in Canada, according to officials.

The poems will also appear in digital business networks and digital mall networks in Edmonton.

Installations

20

Pattison screens in Edmonton will display 20 new arts and culture projects as part of the Art in Transit program.

Vaccines

Flu shot available for some children

Influenza vaccines will be available for children over six months, said Alberta Health Services Monday.

After securing more of the vaccine, the AHS will be offering the flu shot to children who turned or will turn six months on or after Dec. 1, 2013, through to March 21, 2014.

The shot is also available to children under nine years old who have already received one dose, but require a second this flu season.

METRO

Don't put your sticks down. Hockey Alberta programs more playtime

With more amateur hockey players suiting up year-round, Alberta's top officials are crafting their own seal of approval for private spring and summer leagues and training camps.

Early discussion has raised the hackles of some veteran hockey-school operators like Mitch Messier, who questioned why anyone would mess with their tried-and-true methods.

"I just don't know how many good ideas they can teach me at this point," said Messier, a former pro player — and relative of NHL legend Mark Messier — who has long run a

prestigious camp in Banff.

Hockey Alberta's current season runs from Aug. 1 to April 30, leaving four months of free-for-all activity.

Program details are still being hashed out on the Hockey Alberta plan.

In broad strokes, senior manager Tim Leer said the provincial hockey body wants to add its credibility to approved programs in order to give parents peace of mind.

Coaches would be taught Hockey Canada-approved player development guidelines.

BRYAN WEISMILLER/METRO



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Netanyahu's son dating a non-Jew from Norway

Israel. News causes uproar from religious lawmakers against intermarriage

The love life of Prime Minister Benjamin Netanyahu's son is setting off sparks — in Israeli politics.

News that 23-year-old Yair Netanyahu is dating a statuesque non-Jewish Norwegian university student was not only a juicy item for the gossip pages. It also unleashed an uproar from religious lawmakers opposed to intermarriage, and prompted debate over the Jewish state's relationship with the outside world.

According to reports in Norwegian media, the Israeli prime minister boasted to his Norwegian counterpart, Erna Solberg, about the relationship during a meeting at the World Economic Forum in Davos



Israeli PM Benjamin Netanyahu, centre, with his sons Yair, background, and Avner, right, at the Western Wall. URIEL SINAI, POOL, FILE/THE ASSOCIATED PRESS

last week and informed her that his son recently visited Norway with his girlfriend, Sandra Leikanger.

A photo of the smiling young couple appeared in Israeli and Norwegian papers.

On Monday, the leader of the ultra-Orthodox Shas party said he believed the

relationship actually caused Netanyahu and his wife great "heartache." Arieh Deri told a local radio station the relationship was no mere personal matter because Netanyahu is a "symbol of the Jewish people."

Netanyahu's office declined to comment, as did Leikanger.

THE ASSOCIATED PRESS

U.S. Supreme Court

No pay to change clothes

The top U.S. court says steelworkers do not have to be paid for time they spend putting on and taking off protective gear they wear on the job.

The court was unanimous Monday in ruling in favour of United States Steel Corp. over workers' claims that they should be paid. **THE ASSOCIATED PRESS**

Journalistic cheat

No law licence for disgraced journalist: Court

The California Supreme Court denied a law licence to a former journalist who was caught fabricating dozens of stories. The court ruled that Stephen Glass, 41, had insufficiently rehabilitated himself in the years since his misdeeds. **THE ASSOCIATED PRESS**

NSA. Spy agencies using apps like Angry Birds to get data, docs suggest

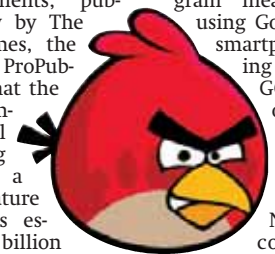
Documents leaked by former NSA contractor Edward Snowden suggest that spy agencies have a powerful ally in Angry Birds and a host of other apps installed on smartphones across the globe.

The documents, published Monday by The New York Times, the Guardian and ProPublica, suggest that the mapping, gaming, and social networking apps that are a common feature of the world's estimated one billion smartphones can feed America's National Security Agency and Britain's GCHQ with huge amounts of personal data, including location information and details such as political affiliation or sexual orientation.

The size and scope of the program aren't publicly

known, but the reports suggest that U.S. and British intelligence easily get routine access to data generated by apps such as the Angry Birds or Google Maps.

The joint spying program "means that anyone using Google Maps on a smartphone is working in support of a GCHQ system," one document from the British eavesdropping agency is quoted as saying. The NSA said that the communications of those who were not "valid foreign intelligence targets" were not of interest. "Any implication that NSA's foreign intelligence collection is focused on the smartphone or social media communications of everyday Americans is not true," NSA said. **THE ASSOCIATED PRESS**



Will it be ready? Canadian course builder leaves 'thrown together' Sochi

A Vancouver ski and snowboard course builder has left Russia after a less-than-stellar welcome to the Olympics.

Johnnie Balfour was hired to help shape courses for the 2014 Sochi Games, but decided not to stick around after a few days living in a dirty hotel room, commuting for two hours along flooded streets and questioning whether he'd be paid, according to his blog.

"I for one can't afford to take the gamble and hope that I will be paid. It is just too big of a risk for me," he wrote in a post that

went viral.

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Manitobans staying warm after natural-gas blast

Resiliency. Many residents get creative after pipeline explosion leaves them without heat for third day

Many of the 4,000 residents of southeastern Manitoba affected by a natural gas pipeline explosion proved to be creative and resilient as they entered a third day without heat Monday.

Steve Cope was using an electric fireplace and space heaters to keep his Niverville home warm as the temperature outside dipped to near -30 C.

"One (heater) we've got actually facing the cold-air return on our furnace, so it's kind of blowing that air into that cold-air return. And we have the fan running on the furnace so it's kind of circulating throughout the house," Cope said.



TransCanada crews work on a gas pipeline leak that occurred outside Otterburne, Man. JOHN WOODS/THE CANADIAN PRESS

TransCanada Pipelines vice-president Karl Johannson said the company hoped to have natural gas service restored by Tuesday. He suggested some communities could have gas back by Monday night.

There were no reports of injuries from the fiery

blast, but Johannson apologized and promised that the company would cover any direct losses people experienced. He thanked neighbours for helping each other by sharing space heaters and accommodation.

Municipalities in the re-

gion had set up warming centres, but they were virtually empty.

"It's great news because it means people have been very self-sufficient," Hanover municipality spokeswoman Heather Chambers Ewen said.

THE CANADIAN PRESS

Florida

Suspect sought in death of Canadian

Florida police have issued an arrest warrant for a suspect in the death of a Canadian tourist, identified as 58-year-old Domenico Perruccio.

THE ASSOCIATED PRESS

Arizona

Calgary base-jumper dies in fall

A base-jumper killed in a fall in Arizona has been identified as a Canadian physician. Police say the body of Dr. David Stather of Calgary was recovered Saturday.

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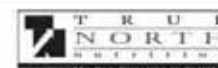
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A protestor guards the barricades in front of riot police in Kyiv on Monday. EFREM LUKATSKY/THE ASSOCIATED PRESS

Ukraine president offers to scrap anti-protest laws

The government steps back. Eliminating the laws will likely be done in a special parliament session Tuesday

Ukraine's beleaguered president on Monday agreed to scrap harsh anti-protest laws that set off a wave of clashes between protesters and police over the past week, a potentially substantial concession to the opposition that stopped short of meeting all of its demands.

In a possibly major sticking point, a proposed amnesty for arrested protesters would not be offered unless demonstrators stopped occupying buildings and ended their round-the-clock protests

and tent camp on Kyiv's central Independence Square, according to a statement by Justice Minister Elena Lukash on the presidential website.

President Viktor Yanukovich has been under increasing pressure since he pushed the tough laws through parliament, setting off clashes and protests in other parts of the country in a sharp escalation of tensions after weeks of mostly peaceful protests over his rejection of a deal to deepen ties with the 28-nation European Union.

At a meeting between top opposition figures and Yanukovich late Monday "a political decision was made on scrapping the laws of Jan. 16, which aroused much discussion," Lukash said.

She made no mention of a key opposition demand — that Yanukovich resign.

Harper's piece

Prime Minister Stephen Harper expressed concern Monday that Ukraine is backsliding toward its communist past under the Soviet Union.

- Harper's remarks represented a dig at Russian President Vladimir Putin, who has been accused of exerting pressure on Ukraine President Viktor Yanukovich to curb his country's overtures to the West.

One of the opposition figures, Arseniy Yatsenyuk, turned down the prime minister's job, which Yanukovich had offered him on Saturday, the statement said.

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Public knowledge

Crime records go online in Sweden

A website that lets Swedes check each other's criminal records has sparked a debate about the privacy of ex-convicts and their right to move on with their lives. Such databases are available in the United States, but aren't common in Europe, where privacy protection laws are typically stricter. By searching the Lexbase database, users can find out if a person has been convicted of a crime in the past five years.

THE ASSOCIATED PRESS

Nigeria

Dozens killed in rebel attacks

Suspected Islamic extremists used explosives and heavy guns to attack a village and worshippers during a Christian church service in Nigeria's northeast, killing at least 99 people and razing hundreds of homes, officials and witnesses said Monday.

THE ASSOCIATED PRESS

Tunisia. Progressive new constitution passed

After decades of dictatorship and two years of arguments and compromises, Tunisians finally have a new constitution laying the foundations for a new democracy.

The document is groundbreaking as one of the most progressive constitutions in the Arab world — and for the fact that it got written at all. It passed late Sunday by 200 votes out of the 216 seats in the assembly of the Muslim Mediterranean country that inspired uprisings across the

region after overthrowing a dictator in 2011.

"This constitution, without being perfect, is one of consensus," assembly speaker Mustapha Ben Jaafar said after the vote. "We had today a new rendezvous with history to build a democracy founded on rights and equality."

In a statement, UN Secretary-General Ban Ki-moon said that "Tunisia can be a model to other peoples who are seeking reforms."

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Members of the Tunisian National Constituent Assembly celebrate the adoption of the new constitution in Tunis, Tunisia, on Sunday.

AIMEN ZINE/THE ASSOCIATED PRESS

Auschwitz 69 years after its liberation



Holocaust survivors arrive at a ceremony marking the 69th anniversary of the liberation of Auschwitz. CZAREK SOKOLOWSKI/THE ASSOCIATED PRESS

Survivors, Israeli officials. Ceremony at the Auschwitz-Birkenau memorial marks the notorious camp's liberation

A European Jewish leader condemned anti-Semitism as a crime on Monday as Auschwitz survivors and Israeli officials marked 69 years since the liberation of the Nazi death camp.

The ceremony at the Auschwitz-Birkenau memorial took place on International Holocaust Remembrance Day, established by the United Nations in memory of some six million Holocaust victims, and some 1.5 million victims of Auschwitz, who were mostly Jews.

Some 20 survivors walked through the gate that bears the infamous "Arbeit Macht Frei" (Work Makes You Free) sign and laid a wreath at the former camp's Executions Wall, where the inmates, mainly Polish resistance members, were shot to death.

Half of the Israeli legislature joined the survivors for the observances that included visits to the red brick Auschwitz bar-

'Spread of anti-Semitism'

European Jewish Congress President Moshe Kantor spoke about the "quenelle," a gesture invented by the French comedian Dieudonne that some have called an inverted Nazi salute. The comic, who has been convicted more than half a dozen times for inciting racial hatred or anti-Semitism, says it is merely an anti-establishment symbol.

racks that house a collection of the victims' belongings and hair, and a list of names of Jews who perished. In a ceremony in Birkenau, they heard from a survivor.

Speaking at the European parliament ceremony in Brussels, European Jewish Congress President Moshe Kantor rejected free-speech arguments over what he called the worldwide spread of anti-Semitism. Anti-Semitism is "not an opinion — it's a crime," he said.

Israeli coalition leader Yariv Levin, speaking on behalf of Knesset lawmakers, said that people in Israel should rely on themselves and aim to build a safe world. **THE ASSOCIATED PRESS**

Germany

Victims of the siege of Leningrad honoured

German lawmakers have honoured the victims of the Nazi army's three-year siege of Leningrad as part of this year's Holocaust Remembrance Day.

Daniil Granin, a 95-year-old Russian survivor, recounted in a speech to the German Parliament on Monday how



Daniil Granin, 95
THE ASSOCIATED PRESS

a similar number of soldiers died before the blockade was finally broken on Jan. 27, 1944.

THE ASSOCIATED PRESS

thousands of people died of starvation each day during harsh winters in Leningrad.

About a million Soviet civilians and a similar number of soldiers died before the blockade was finally broken on Jan. 27, 1944.

THE ASSOCIATED PRESS

Italy

Italian officials condemn threats

Italy's president has condemned threats against Rome's Jewish community in recent days, including the delivery of packages containing pig heads, as a "miserable provocation."

President Giorgio Napolitano said Monday during Holocaust Memorial Day commemorations that

recent insults to the Jewish community are "comparable only to the repugnant material in those packages."

Police on Monday said they have detained two men, ages 33 and 47, on suspicion of instigating racial hatred through anti-Semitic graffiti, including denial of the Holocaust, near the main judicial offices in Rome. The men belong to different far-right groups.

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Yariv Levin, Israeli coalition leader

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Corruption at Sochi games? Nyet, says Vladimir Putin

Russian roulette.

Website claims Russia spent twice as much as necessary to build 10 of the Olympic venues

An interactive website launched Monday by anti-corruption activist Alexei Navalny paints a vivid picture of suspected cost overruns and conflicts of interest at the Sochi Winter Olympics.

Russia has spent about \$51 billion US to deliver the Sochi Olympics, which run Feb. 7-23, making them the most expensive Games ever, even though as a winter event it hosts many fewer athletes than Summer Games do.

Allegations of corruption have dogged preparations for the Sochi Games for years. Navalny's new



A coffee mug in anti-corruption activist Alexei Navalny's office in Moscow has a portrait of Russian President Vladimir Putin printed on a sticker that says "Thief." IVAN SEKRETAREV/THE ASSOCIATED PRESS

website — Sochi.FBK.info — combines data gathered during his own investigations along with media reports and other activists' analysis.

Using colourful graphics, the website makes a wide range of data accessible in English and Russian.

President Vladimir Putin

who underestimated the costs.

A 2012 report by the government's Audit Chamber found about 15 billion rubles (about \$500 million US) in "unreasonable" cost overruns in the preparations for the Sochi Olympics.

Auditors found that the work of some staff members at Olympstroy, the state company in charge of Sochi construction, between 2008 and 2010 was "conducive to incurring unreasonable cost overruns." At least three criminal investigations against Olympstroy employees have been opened, but none of them has reached court. Olympstroy has since changed its management.

The Games were not covered by Russian laws on tenders and procurement, making officials unaccountable for the money spent.

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Conflicts of interest

Alexei Navalny's new website lists several Sochi construction projects with evident conflicts of interest.

- The Ice Cube curling stadium was built by a company controlled by businessman Alexander Svishchev, the father of Dmitry Svishchev, president of the Russian curling federation.
- Putin's childhood friend Arkady Rotenberg, through a subsidiary, holds nearly 39 per cent of Mostotrest, which has won state contracts to build nearly all the highways in the area.
- Mostotrest's contracts in Sochi amounted to \$3.1 billion US, including a \$1.6-billion US bypass. Mostotrest won the bypass contract after tycoons Oleg Deripaska and Roman Abramovich dropped out. Mostotrest offered to build it for 59.36 billion rubles, just barely below the maximum state price of 60.9 billion rubles.

Olympics boss says he's not losing any sleep over threats to Games

IOC president Thomas Bach defended the choice of Sochi as host of the Winter Olympics on Monday and said he's "sleeping very well" despite the terror threat hanging over the Games.

Bach reiterated his confidence that Russia will provide "safe and secure" Games without taking away from a festive Olympic atmosphere.

Russia is mounting a massive security operation for the Games, which open Feb. 7 amid threats of attacks from Muslim insurgents from the North Caucasus region.

"We have full confidence in the host country and we also know that Russia and the Russian (security) services are working closely with different international services in order to ensure that all the participants and spectators in the Games can feel safe and secure," Bach said in a conference call with reporters.

On a separate issue, Bach repeated that Russia has promised that athletes and spectators will not face any discrimination based on sex-



IOC president Thomas Bach
THE ASSOCIATED PRESS

ual orientation. Russia enacted a law last year banning gay "propaganda" among minors.

Bach said athletes are free to speak out on any political issues at news conferences at the Games, but are prohibited from doing so on the medal podium or other Olympic sites.

"It's very clear that the Games cannot be used as a stage for political demonstrations," he said. "The IOC will take, if necessary, individual

decisions based on the individual case. On the other hand, the athletes, of course, enjoy the freedom of speech. So, if in a press conference they want to make a political statement, then they are absolutely free to do so."

Bach also defended Russia's massive spending on the Games. The \$51-billion US price tag — which includes the cost of roads, railways, hotels and other projects — is a record for any Olympics.

Bach said Russia was using the Olympics as a "catalyst" to transform the region and create a winter sports complex for the country. It's up to host nations, he said, to decide how — and how much — they invest in long-term infrastructure projects.

In general, Bach said, the Olympic atmosphere is building up in Sochi as the Games approach. Referring to concerns about warm weather in the subtropical area, he said there was "plenty of snow" and more was forecast for later in the week.

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Tees, tokes and touchdowns

Bryan Weinman is pictured with Stoner Bowl T-shirts in Denver Friday. Weinman and his friends registered the Internet domain www.stonerbowl.org and are using the site to hawk T-shirts and hats celebrating the Stoner Bowl between the Seattle Seahawks and Denver Broncos — the NFL teams from the two states that have legalized pot. THE ASSOCIATED PRESS

\$650M deal. Hudson's Bay gets swish makeover with Saks Fifth Avenue stores

Hudson's Bay Co. plans to open a pair of Saks Fifth Avenue luxury department stores in Toronto, the first such locations in Canada.

The retailer says one store will share space with HBC's flagship store in downtown Toronto, while the second store will be at the Sherway Gardens mall in the city's west end.

The news came as HBC announced a deal to sell and

lease back its main downtown Toronto store and executive offices to Cadillac Fairview for \$650 million.

HBC will lease back the properties for 25 years with options to extend the leases nearly 50 additional years.

The company says it will use the cash from the sales to pay down debt and fund growth.

THE CANADIAN PRESS

Advocacy groups call out Bell for data collection

Consumer rights.

Gathering the watching, clicking and calling of wireless customers who pay for telecom service has led to complaints

Consumer groups are challenging Bell Canada's tracking of how its wireless customers use the web, what they watch on TV and their phone call patterns in order to deliver target-

ed online advertising.

Bell is going beyond its role as a provider of telecom services, according to the Public Interest Advocacy Centre and the Consumers' Association of Canada.

"What you're paying for is an uninterrupted telecom service, not for an ad-based service supported by behavioural targeting, which is the Facebook-Google model," lawyer John Lawford of the Public Interest Advocacy Centre said Monday.

The consumer groups have filed a complaint with the Can-

With or without your name

In the U.S., big telecoms Verizon and AT&T also allow their customers to opt out of data sharing, but critics have said that even with personal identities stripped out, the information can still be sold to third parties who would get a profile of customers' habits and interests.

Monday that it has received more than 150 complaints about Bell's data collection.

It is investigating whether collecting this data is compliant with the Personal Information Protection and Electronic Documents Act, the federal law which covers the collection, use and disclosure of information in commercial activities.

Bell said its data-collection program isn't breaking any federal telecom rules or privacy guidelines and noted that customers can opt out at any time.

But Lawford said he believes the opt-out rate for Bell customers would be low, adding it's usually well under 10 per cent in these kinds of circumstances.

"They catch all of the people who have too many other things to do with their life," he said from Ottawa.

THE CANADIAN PRESS

Tracked, for free or for a fee

"What you're paying for is an uninterrupted telecom service, not for an ad-based service supported by behavioural targeting, which is the Facebook-Google model"

Lawyer John Lawford of the Public Interest Advocacy Centre

Market Minute



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Rouge

Air Canada's discount carrier adding routes

Air Canada is adding service to more sun destinations on its low-cost Rouge subsidiary this spring and summer as

it continues to transfer older aircraft from its main fleet.

The airline said Monday it will be adding new routes from Montreal and Toronto. Montreal flights will head to resort destinations in Cuba, Mexico and Haiti. New Rouge destinations from Toronto include Tampa, Fla., Barbados and Nassau. THE CANADIAN PRESS

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THEY'RE JUST NOT INTO YOU

While most of us can't imagine going through life without experiencing some form of carnal desire, researchers estimate about one percent of the population — up to 70 million people worldwide — have absolutely no sex drive. Not in a, "No honey, not tonight. I have a headache," kind of way but an ongoing disinterest in sexual behaviour with members of the same or opposite sex.

According to the Asexual Visibility and Education Network, an asexual person is a person who does not experience sexual attraction. Anthony Bogaert, a professor in the psychology department at Brock University, refers to asexuality as the "fourth sexual orientation," distinct from heterosexuality, homosexuality or bisexuality. Like other sexual orientations, asexuality is classified as an intrinsic part of a person's identity and not something that can be turned on or off.



SHE SAYS
Jessica Napier
metronews.ca

Some couples might lose interest in sexual activity during particular phases in their relationships — following childbirth or while faced with health problems or personal struggles — but these issues are usually a temporary concern rather than an innate and enduring absence of desire. Asexuals do not choose to abstain from sex for religious or moral reasons; it is not the result of some traumatic childhood event or because they haven't found the right person.

For those who identify as asexual, this apathetic attitude toward sex is much more than just a simple dry spell or an empty vow of celibacy following a bad breakup.

Many feel confused and isolated as they come to terms with their asexuality in our hyper-sexualized culture. I can imagine it would be hard not to feel like an outsider in a society where people read erotic paperbacks on the

bus and talk about sexual positions in graphic detail over brunch.

It's important to remember that sexuality exists on an extremely vast and complicated spectrum. From pansexuals to polyamorous to demiromantics to autosexuals, there exists a veritable alphabet soup of sexual preferences and expressions.

And while different forms of categorization can be helpful in promoting visibility, educating others and developing a sense of community, labelling shouldn't be done for negative or exclusionary purposes.

Sexual desire might be one of our most basic biological instincts, but that doesn't mean we should judge those who choose to have intimacy without intercourse. Accepting sexual diversity means recognizing the many different forms of attraction and giving others the freedom to embody their own sexuality, even if that means not at all.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Hockey, played Down Under



MATT ROBERTS/GETTY IMAGES

Gasp! Not much of a spectator sport

Athletes for Western Australia and Victoria contest for the puck at the 2014 Australian Underwater Hockey Championships on

the Gold Coast, Australia. The sport, also known as octopush, was invented in England in the 1950s by a scuba diver as a way of keeping his fellow divers fit and enthused over the winter months. **METRO**

Water world

- **Teams.** Six players a side, with four substitutes each.
- **Gear.** Snorkel, mouthguard, water polo hat with ear guards, mask, fins, stick, and protective gloves.
- **Breath.** Too deep a breath will make you too buoyant.

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TAKARA SMALL
takara.small@metronews.ca

This weather may be testing the patience of millions of Canadians from coast-to-coast but that doesn't mean that your style has to suffer. There are a host of apps that are dedicated to helping you stay stylish without leaving your house because, let's admit it, you're probably more likely to cruise online deals than the malls these days.

@ClothApp:

Use real-time weather data to pull together your outfit for the day. Selflessly snap as many selfies as you want and then choose from a virtual catalogue that pairs your clothes with the weather. Literally the perfect app for rain or shine.

@Stylekick:

Why waste time searching various fashion sites when you can simply snap photos of your wardrobe and then find the right size and style online. With a click of a button you can find clothes that suit your size, which helps a lot since 40 per cent of online purchases are reportedly returned because of bad fit.



GETTY IMAGES

Twitter

@metropicks asked: A brew coming to B.C. costs \$150/bottle. What freebies would be required for you to buy the beer?

@funkymagee: Probably about forty-nine other bottles.

@MichaelUSealy: Any freebie that I could come up with to justify 150 bones for a Brewski, would have to do with cleavage and be very naughty :-/

@ChrisGoudge1: Three or four 24s

would make it worthwhile

@Adrian_Cgy: bag of weed

@Hanksterific: Nothing!

@FrenchmanCanada: at that price it better pour itself

@ethWynot: I could see spending \$150 & sipping it for a special occasion, but at 28% alc. it should come with G2 & Ibuprofen.

Follow @metropicks and take part in our daily poll.

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DVD review



Rush

Director. Ron Howard

Stars. Daniel Brühl,
Chris Hemsworth,
Olivia Wilde

• • • • •
You'd expect a movie about Formula One racers to cut to the chase, but director Ron Howard takes his time establishing the ego vs. egghead rivalry between 1976 top guns James Hunt (Chris Hemsworth) and Niki Lauda (Daniel Brühl). This is no mere thrill ride by two real-life rival speedsters, although it is certainly that. The film also provides a sobering look at what it takes to be a true champion. When the engines really start, the fact-based story by Peter Morgan (*The Queen*) locks in. It smoothly shifts gears between involving entertainment and serious drama, seeking to understand the competitive drive to succeed at all costs. The film is highly commercial, but also thoughtful and suspenseful. Do yourself a favour and don't Google the result prior to seeing.

PETER HOWELL

The Fifth Estate

Director. Bill Condon

Stars. Benedict Cumberbatch, Daniel Brühl

• • • • •
Bill Condon adopts the info-dump approach of his subject, WikiLeaks, for this unsteady docudrama. The film combines elements of biopic, thriller and didactic documentary for a story that engages the mind but sometimes overtakes it. Too much info is hurled at the screen, much of it at a rapid clip that makes it hard to take in. At the heart of it is a sterling performance by Benedict Cumberbatch as brash WikiLeaks founder Julian Assange, who takes the "publish and be damned" ethos to 21st-century heights, shaking world governments with revealed secrets and lies just a few clicks away.

PETER HOWELL

A Great Big World really do have something to say



Ian Axel performs on the runway at the 2013 Victoria's Secret Fashion Show in New York City in November. GETTY IMAGES

Piano pop. Duo has been working together since their days at NYU, but Aguilera's vocals on *Say Something* changed their lives forever

LINDA LABAN
Metro World News

Singing with superstars and performing with supermodels are just two of the many mind-blowing hook-ups Ian Axel and Chad Vaccarino experienced last year.

The piano pop duo, known as A Great Big World, performed on *The Voice*, at the American Music Awards and during the Victoria's Secret lingerie show. However, it was a phone call from Christina Aguilera, asking if she could sing on their song *Say Something*, that got the ball rolling.

"When we got the call, it was disbelief that went into a panic attack," Axel says. "I knew what this meant; I knew our lives were changed forever."

Still, it was a hookup eight years earlier, while

both were studying in NYU's music business program, that put the 28-year-olds on track to the top of the pop charts. Though A Great Big World's seamless harmonies seem like destiny, the union wouldn't have happened if Axel hadn't literally stalked Vaccarino.

"We were put on the same project and I asked him to listen to my songs," says Axel.

"He was like, 'No, I'm too busy, I don't have time for anything else.' He really wanted to practice by himself, but I went to the practice room and looked through all the windows until I found him. I had to be pushy, I had to."

Vaccarino agrees with Axel's assessment: "I was really weirded out by how forceful he was, trying to have my friendship," he says.

The pair both laugh warmly at the recollection. "Then, when he played me his song ideas on piano, I flipped out. Those concerns went out of the window. I was like, 'Oh my God, I'm so stupid! We should be writing together; we should be friends.'"

The pair say that choosing between their original recording of *Say Something* and the one with Aguilera was just too difficult, so A



Ian Axel, left, and Chad Vaccarino are the duo behind A Great Big World. CONTRIBUTED

Quoted

"I was really weirded out by how forceful he was, trying to have my friendship."

Chad Vaccarino, talking about how Ian Axel 'stalked' him while they were classmates at NYU's music business program.

Great Big World's debut album, *Is There Anybody Out There?*, which was released in January, includes both cuts.

"I love both versions," says Vaccarino.

"I was definitely married to the original, but I love what Christina did: I love that she added this female

element.

"She made the song more universal than it might have been. You have the two parallel male and female worlds, and they don't come together until the end of the song. It's all harmonized except for that last line.

"It's very dramatic."

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No two scenes the same for Strahovski



Aaron Eckhart and Yvonne Strahovski in *I, Frankenstein*. BEN KING

24/7 on set. Up-and-coming screen star refuses to be typecast as she takes on a serious spectrum of roles



NED
EHRBAR
Metro World News in Hollywood

Between television turns on Chuck, Dexter and this summer's *24: Live Another Day*, Australian actress Yvonne Strahovski squeezed in some time opposite Aaron Eckhart as a scientist with good intentions but evil bosses in *I, Frankenstein*. It's all part of her plan of keeping her work as diverse as possible — and learning the importance of saying no.

This role is a bit of a departure for you, genre-wise. What were your thoughts on the project and character when you first signed on?
It definitely feels like one of

Change of face

I'd just wrapped up Chuck, the series, and this was something different. A different character with a different accent and a different occupation, with a whole new world around her.

Yvonne Strahovski,
on her role in *I, Frankenstein*

the bigger things that I've been a part of. I really liked the script — it had that real story of the monster finding its humanity within this action movie. And also I really loved that it's something really different than what I had been up to prior to that. I'd just wrapped up Chuck, the series, and this was something different.

A different character with a different accent and a different occupation, with a whole new world around her. She's got a big heart but she's also a really strong woman. She isn't a damsel in distress, she can stand up for herself, and she certainly does in the movie even though she's not a trained fighter or anything.

Do you find yourself seeking out roles like that?

I mean, I try and change it up, and I feel like so far I've been lucky enough to do so, whether it's playing Dr. Tera Wade, the electro-physiologist in the *I, Frankenstein* movie or

playing a serial killer (on Dexter) or a 1930s New York gal on Broadway. You know, so far so good. I hope to keep changing it up in the future.

I don't know how much you're allowed to say about the new 24 series.

I'm not allowed to say too much, but I'm definitely in the throes of moving to London for the next half a year to shoot *24*. I'll be playing a gal named Kate Morgan, who is hunting Jack Bauer when we meet her.

That's tantalizing.

Yeah, to say the least. (Laughs.) It's been what, four years, right? Since season eight finished? So many people are really excited about it. I didn't realize how many people were really big on following the show.

How do you find, going forward, striking a balance between movies and TV?

You read a lot of scripts, you hear about a lot of projects and you try and target certain things that you would like to do. It's hard. Like with any profession, you start off at the very beginning saying yes to a lot of different things because you just want to get on your feet and get your foot in the door. And as you create your body of work and get well-known and the years pass by, I think saying no is a really important thing to learn as well. It's as important as saying yes because you really craft your career in a certain way.



Yvonne Strahovski GETTY IMAGES



Nigella Lawson

Police won't cross Nigella's white line

British police have decided not to investigate celebrity cook and author Nigella Lawson for admitting illegal drug use in a recent court case.

Police said Monday that "no further action" will be taken.

The 53-year-old Lawson told a court in December that she had used cocaine a handful of times but was not a regular user. She was testifying in the fraud case of two former aides.

A police statement says the decision was based on the need for police action to be "proportionate" and on whether further action would be in the public interest. The statement says further police action might deter victims from being candid with police and courts.

Police say they consulted prosecutors before deciding not to pursue charges.

Quentin ain't gonna to let us Gawk at his script

Quentin Tarantino sued the news and gossip website Gawker on Monday over a post that directed readers to a leaked copy of the Oscar-winning screenwriter's latest script.

Tarantino's lawsuit accuses Gawker Media LLC of copyright infringement for posting a link to the 146-page script for a planned film titled *The Hateful Eight* last week. A link to the script was posted on Gawker's Defamer blog and remained active on Monday afternoon, despite demands from Tarantino's lawyers to take it down, the lawsuit states.

An email sent to Gawker seeking comment was not immediately returned.

Tarantino blasted the leak



Quentin Tarantino

last week in an interview with *deadline.com* and said he would abandon the project as a film. His lawsuit states he planned to publish the screenplay and that practice in the past has earned him hefty royalties and advances.

THE ASSOCIATED PRESS

Twitter



@MarlonWayans

Love that u guys can actually hear the wild, crazy, off-base, sometimes crass and rude thoughts in my head thru social media



@EmWatson

Computer just crashed. Pain au chocolat anyone?



@pattonoswalt

Fun fact about @HBO's #TrueDetective: It started as a MR. BELVEDERE reboot and went waaaaay off the tracks.



Prince ALL PHOTOS GETTY IMAGES

This is what it looks like, when Prince sues

Prince is going after some of his fans for posting recordings of some live performances online. According to Radar Online, the singer is suing two California individuals for infringing on his copyright by sharing bootlegs, and he's seeking \$1 million US in damages from each of them. "The defendants rely on either Google's Blogger platform or Facebook, or both, to accomplish their unlawful activity," the suit claims, adding that the fans "typically publish posts that list all the songs performed at a certain Prince live show and then provide a link to a file-sharing service where unauthorized copies of the performance can be downloaded." Prince's lawyers say they have found more than 360 such links.

Bey's album is too bootylicious for Michelle

Beyoncé's latest album might be incredibly popular, but at least one of her friends thinks the material's a bit too revealing. Former Destiny's Child band-mate Michelle Williams tells *Us Weekly* that some of the more graphic songs on the album make for awkward listening experiences. "The makeup artist and everyone was listening to her say these things and I'm like, 'That's private, girl!' We aren't supposed to know all that," Williams says. "But she is married and has produced a baby, and we know what you have to do to produce a baby, so OK!"

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Serious slip-ups cast SMH shadow over song awards

MELINDA TAUB

Metro World News

The Grammy Awards would like everyone to know how very, very sorry they are about the death of what's-his-name.

Glee star Cory Monteith, who died last summer, was included in the Grammys' In Memoriam montage of musicians lost in the past year. However, the slideshow spelled his name "Cory Montieith."

Listen, Grammys, I



know you're a drunken, long-winded stripper of an awards show, but if you're only going to spell-check one thing — one thing — it should probably be the names of deceased people. Maybe next year, have one fewer fake blood cannon

and put that part of the budget toward a proof-reader.

Glee isn't the only one with a grievance against the Grammys: Trent Reznor is none to happy with them, either.

Reznor's band Nine Inch Nails gave the awards show's closing performance, along with Queens of the Stone Age, Dave Grohl and Fleetwood Mac's Lindsey Buckingham. Unfortunately, by the end of a four-hour ceremony, not even all that star power could induce people to wait around and listen — the Grammys began to roll the credits during the performance.

Reznor didn't take it lying down. "A heartfelt F— YOU guys," he tweeted.



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Ninety to 95 per cent of the vitamin D in your body comes from sun exposure. iSTOCK

How to get that vitamin D

Can't get enough. Obtaining vitamin D takes some strategies — especially during the winter months

VIRGINIA PELLEY

Metro World News in New York City

You know vitamin D is important for your health, and you've likely read that hardly anyone gets enough of it.

Many studies suggest that maintaining the amount of D recommended by the National Institutes of Health — 30 to 50 nanograms per millilitre in your blood — can help ward off high blood pressure, multiple sclerosis, fibromyalgia, diabetes, depression, some cancers and muscle weakness.

So how do you keep up a healthy level of vitamin D?

The best way is exposure to the sun in warmer months. "Ninety to 95 per cent of the vitamin D in your body comes from sensible sun exposure," Dr. Michael F. Holick, professor of medicine, physiology and biophysics at Boston University School of Medicine, says.

Skin needs to be exposed directly to the sun for your body to make vitamin D. A product with SPF 30 decreases your ability to make vitamin D by 95 per cent. Because dermatologists have been telling us for decades to never expose unprotected skin to the sun's cancer-causing rays, many people are understandably confused about how to get enough vitamin D from sun exposure.

"For some people, it could be 10 minutes, for others it

can be 15," says Dr. Houman Danesh, director of integrated pain management at Mt. Sinai in New York City.

How can you get enough vitamin D from the sun during winter? Your body will access the vitamin D in your fat cells, and because most people don't get enough sun to make this crucial vitamin year-round, taking a supplement can also help.

Although the Institute of Medicine recommends 400 to 600 IUs of vitamin D for children and 600 to 800 for adults, Holick recommends 600 to 1,000 for kids, and as much as 2,000 to 4,000 IUs daily for adults. Pregnant and lactating women and the obese need more. Breast milk doesn't contain vitamin D, so Holick says that even breastfeeding infants need a daily supplement.

It's also impossible to get

all the vitamin D you need from food. You would need to eat wild-caught salmon and other fatty fish such as mackerel and herring every day to get enough D. Vitamin D is added to many foods, such as milk, juice and cereal, however, and mushrooms can be irradiated with good amounts of vitamin D as well.

Because of conflicting recommendations and research about what vitamin D actually does, "doctors are struggling with who to check, if they should check and when to check vitamin D levels," says Dr. Robert Graham, an internist at Lenox Hill Hospital in New York City. "But I would argue that you need to get tested first to know at what level you are starting with, and figure out how much you need to supplement from there."

Review

Keep track of burned calories with Wii Fit U



MIND THE APP

Kris Abel
@RealKrisAbel
scene@metronews.ca

Wii Fit U
Nintendo Wii U
3 ½ Stars

Wii Fit's engaging yoga and aerobics mix is still too reliant on BMI even as it provides excellent balance feedback and, thanks to a new pedometer, calories burned. Be warned, the best dance and game activities now require two controllers.



Did you know...?

Avocados may halt overeating and snacking. Consuming as little as half an avocado during lunch can make an overweight person feel full longer, says a new Loma Linda University health study published in Nutrition Journal. Researchers found a 23 per cent increase in satisfaction and a 28 per cent decreased desire to eat for the following five hours, as compared with the avocado-free controlled lunch meal.

What's the healthiest way to Sesame Street?

Bert and Ernie jump rope and munch apples, and Cookie Monster only has his namesake treat once a week. Can a Muppets mini-makeover improve kids' health, too?

A three-year experiment in South America suggests it can. Now, the Sesame Street project is coming to the United States.

Six years ago, Dr. Valentin Fuster, a cardiologist at New York City's Mount Sinai Hospital, started working with the producers of television's Sesame Street on a project aimed at 3-to-5-year-olds.

"At that age they pay attention to everything" and habits can be changed, he said.

U.S. schools were initially reluctant, but the project launched in Colombia when a wealthy family's foundation was willing to sponsor the experiment in Bogota.

The project, which involved 1,216 children and 928 parents, taught kids healthy habits and about how the body works for an hour a day for five months using Sesame Workshop-produced videos, a board game, songs and activities. Parents

were involved through take-home assignments and workshops that focused on overcoming barriers to good food and exercise.

Children's weight and exercise habits were measured at the start, one and a half years, and three years into the program. The proportion of children at a healthy weight increased from 62 per cent at the start to 75 per cent at three years for those in the program.

The project plans to launch this spring and fall in New York.

THE ASSOCIATED PRESS



New Muppet Dr. Ruster, centre, with, from left, Grover, Rosita, Elmo, Cookie Monster, Ernie and Bert. SESAME WORKSHOP/JOHN BARRETT/THE ASSOCIATED PRESS

Get your daily dose of dark, leafy greens with Kale and Fig Salad

Health Solutions

Give a fig



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Dried fruit is to be used sparingly because it is quite calorie dense but, boy, does it add a lot!

High in both potassium and fibre, one or two figs make a great treat. To stretch their flavour and benefits without swallowing a calorie bomb,

add them to other dishes.

- Chop figs into salads instead of the more typical mandarin oranges or strawberries
- Add to a smoothie for fibre and bulk as well as sweetness
- Cut in half and simmer 1 cup into 1 cup of water to make a fig paste for charcuterie plates
- Chop one into bits and top a pizza with blue cheese
- Add to a savoury rice pilaf with nuts

Anywhere you need little hit of sweetness, figs can contribute much more than their little shrivelled up weight.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



PREP
10 MINUTES

This recipe serves four. COURTESY THERESA ALBERT

THERESA ALBERT
myfriendinfood.com

The secret to preparing kale is to give it a good rinse under running water. Then, hold the rib in one hand and grasp the leaves at the base with the other. Quickly pull your hands in opposite directions to remove the leaves for chopping and discard the stems.

FLASH FOOD



From your fridge
to your table in
30 minutes or less

1. Rip or chop kale into bite-sized pieces and place into a large bowl. Drizzle with vinegar and oil. Toss in figs and

pumpkin seeds.

2. Toss and let stand at room temperature about one hour before serving. Can be stored in the fridge up to 3 days, covered. It just gets better!

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Ingredients

- 1 bunch kale, rinsed, with ribs removed (about 6-7 cups)
- 2 tbsp raspberry balsamic (or other raspberry vinegar)
- 2 tbsp extra virgin olive oil
- 6 mission figs, chopped
- 1/3 cup roasted, salted pumpkin seeds

Blueberries and quinoa give salad a punch

Ingredients

- 1 pound butternut squash, peeled, seeded and cubed
- 4 tbsp olive oil, divided
- 2 cups water
- 1 cup raw quinoa, rinsed well
- 2 tbsp lemon juice
- 3/4 tsp salt
- 1/4 tsp pepper
- 4 green onions, thinly sliced
- 1-1/2 cups Chilean blueberries
- 3 cups baby arugula

Two of nature's superfoods — fresh blueberries and quinoa — team up with butternut squash to create a salad that's packed with protein, bursting with sweet and tangy flavor, and colourful enough to brighten the drab days of winter.

The protein in this salad comes from quinoa — one cup has a full gram more than is found in an egg.

In a large bowl, toss squash with 1 tablespoon of the oil. Spread on a rimmed baking sheet; bake until tender, about 22 minutes; let cool.

2. Meanwhile, in a medium saucepan, bring water and quinoa to a boil; simmer for 15-20 minutes. Remove from heat and cover; let stand 5 minutes. Fluff with a fork; cool.

together remaining olive oil, lemon juice, salt and pepper; set aside.

5. In a large bowl combine squash, green onions, blueberries, arugula and quinoa. Drizzle with dressing; toss to combine. Serves six.

Quinoa can also be substituted with couscous.

NEWS CANADA/THE U.S. HIGHBUSH BLUEBERRY COUNCIL



This recipe serves six. NEWS CANADA

1. Preheat oven to 450°F.

3. In a small bowl whisk

Why you shouldn't borrow for your RRSP

Save instead. As the March 3 RRSP deadline draws closer, you may get a pitch from your bank to borrow to make a contribution

As this year's RRSP deadline draws closer, chances are good that at some point you'll get a pitch from your bank or investment advisor to put some money into your Registered Retirement Savings Plan.

It's a good idea. As we live longer and fewer people can count on company pensions, we'll all need more to live on. So saving as much as possible for retirement should be a top priority. And the earlier you start, the better.

But what to do if you don't have the cash? Is it a good idea to borrow the money to make the March 3 deadline?

It is for the bank. If you borrow the money, you pay interest on the loan and maybe a fee as well. It is also likely you'll be directed to one



Contribute from each pay cheque to your RRSP instead of borrowing. iSTOCK

of their mutual funds, where they earn more for managing the money.

Sure, you'll get a juicy tax refund in the spring. For a middle-income earner, the refund is between 30 to 40 cents on the dollar. That's \$300 to

\$400 back for every \$1,000 that goes into the plan. Even so, here are some things to consider before taking out an RRSP loan:

Why do you need it?

Is it because you don't have

the cash or because you had the money, but didn't have the discipline to save?

"Most people should contribute every pay cheque," says Tom Hamza, president of the Investor Education Fund, a non-profit agency set up by the Ontario Securities Commission.

Setting aside even a little at a time is a heads-you-win, tails-you-break-even decision, setting you up for long-term gains. An annual loan means you're always on the debt treadmill. Hamza's advice if you borrow every year: Skip it this year, clear off the loan and then set up a payroll deduction plan with the same amount. "You'll have a positive habit you can build on," he says. His web site getsmarteraboutmoney.ca has a good borrowing-to-invest primer.

Refund risk

If you find it hard to pay as you go for retirement savings, it may be because you have loans for cars, carry high credit card balances or run up your line of credit. Maybe all three. Those payments eat into your cash

flow. So in a situation like that, can you avoid the temptation to spend the refund?

Vancouver financial planner Diane McCurdy, author of *How Much is Enough?* says borrowing for an RRSP works best if your other debts are small, you are in a high tax bracket — or in a bracket where you pay the same tax year after year.

She tells clients who borrow to use the refund to pay down the loan. Once the loan is paid off, she advises they keep paying the same monthly amount to themselves for the balance of the year. "It means that next year you'll be ahead of the game," she says.

Other debts first

If you have those other debts, borrowing doesn't make sense, even if you have the cash. You'd have to have a pretty high rate of return on the RRSP to make it a good idea. Pay off the other debts first.

RRSP loans aren't tax deductible

Even at today's low interest rates, an RRSP loan at 3.5 per cent still means you have to

earn at least 3.5 per cent on your investments to break even. Sure, the stock market was hot last year with Toronto shares prices up 10 per cent and U.S. stocks up 30 per cent. But in 2011, our market dropped 12 per cent and the U.S. by two per cent. It hurts to be repaying a loan for an investment that's worth less than you started with.

Hasty payment, hasty investment

Lump sums have a habit of burning a hole in our pockets. It may end up in the investment flavour of the season. Far better to have a plan and a gradual approach that smooths out ups and down with regular contributions.

Payment in kind

Finally, if you're short on cash, but have investments in a trading account, consider transferring the shares or fund units into your RRSP. You'll pay tax on the shares or units if you've made a profit, but it will be partly offset by the tax break on the contribution. **TORSTAR NEWS SERVICE**

After so long, why some couples still decide to split

The ubiquitous "Love couldn't keep them together" headlines blanketed social media after news broke that musical duo Captain and Tennille — who are both in their 70s — are divorcing after nearly four decades of marriage. The couple had no children together and no reason was given for the split.

While there are all kinds of factors at play when partnerships in business and love dissolve, is there anything in particular that can distinguish couples who divorce after decades together?

Markham, Ont.-based registered couples and family therapist Shyamala Kiru said after more than 10 years in practice, it's a pattern she's seeing more frequently — particularly among retired couples. And anecdotally, from her own prac-

tice, Kiru said increasingly it's women who are leaving men later in life.

"This generation that we're looking at is women in their 50s and 60s leaving their partners," said Kiru, chair of public relations for the Ontario Association for Marriage & Family Therapy. "Years ago, it wasn't as OK to make that choice. There weren't as many resources available to women."

She added, "I'm finding that as they're getting at a different stage — whether in the family life cycle or in their career — and they're experiencing a little bit more freedom, they're also experiencing that freedom to make different choices and to think differently about what they want."

Toronto-based couples therapist Karen Hirscheimer said the question of why any couple

breaks up is complicated, but boils down to the primary focus on love, partnership and goodwill getting "lost to other things," citing resentment, unresolved grievances, neglect and diminished trust as possible examples.

Kiru recalled working recently with a couple who had been married for 37 years and were contemplating separation. Looking back at their relationship history, there had been issues that surfaced during the time of their engagement that were never really addressed.

"Now that kids have moved out and moved on, careers are winding down, and then you actually look at each other and say: 'Wow, we never really dealt with this stuff, and I'm not sure that I would have stayed in this marriage that long.'"



Toni Tennille, left, and Daryl Dragon, the singing duo known as Captain and Tennille, pose during an interview at their home in Washoe Valley, Nevada in 1995. The couple are divorcing after nearly four decades. DAVID B. PARKER/THE CANADIAN PRESS

Hirscheimer said much of the work she does is helping couples establish effective communications strategies and principles to follow that can help them recapture the spark

in their relationship.

She said if couples feel that they've reached a stalemate, feel like roommates or are lacking a connection, they should seek help sooner rather

than later. Ideally both parties should be involved in counseling, but often one person will come in and sometimes it's enough to instigate change.

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Ski cross

One more shot at medal for Del Bosco

Chris Del Bosco has a chance at redemption.

The 31-year-old was among the six athletes named Monday to Canada's ski cross team for the Sochi Winter Olympics.

Del Bosco appeared to have the bronze medal locked up in the men's final at the 2010 Games in Vancouver, but crashed out trying to make a pass to improve his position.

Joining the Montreal skier on the team are Dave Duncan of London, Ont., Calgary's Brady Leman, Kelsey Serwa of Kelowna, B.C., Marielle Thompson of Whistler, B.C., and Georgia Simmerling of West Vancouver, B.C.

THE CANADIAN PRESS

Hockey

Sochi last Games for NHLers? Daly non-committal

The NHL has not decided whether to let its players participate in the Olympics beyond this year, casting doubt on who will be competing for hockey gold in four years.

With the league set to push pause on its season for next month's Sochi Olympics, deputy commissioner Bill Daly is also allowing for the possibility of a security issue that could keep the players from travelling to Russia at all.

THE ASSOCIATED PRESS

Snowboarding

Olympic champ at '110 per cent'

Shaun White headed home from a week of training Sunday, with his coach declaring him "110 per cent" healthy for the Olympics despite that nasty-looking shiner under the snowboarder's right eye.

Bud Keene said White benefited greatly from the four-day session on the private halfpipe and slopestyle course in Copper Mountain, Colo.

White has been nursing his left ankle, which he sprained in December during the season's first Olympic qualifier. He opted against competing in the X Games so he could focus on Sochi, starting Feb. 6 with slopestyle qualifying.

THE ASSOCIATED PRESS



Crosby gets best of Miller again, this time in Pittsburgh

The Penguins' Taylor Pyatt keeps his eye on a rebound off Buffalo Sabres goalie Ryan Miller in the first period of a game on Monday night in Pittsburgh. Sidney Crosby had a pair of assists in the Penguins' 3-0 win. GENE J. PUSKAR/THE ASSOCIATED PRESS

Broncos CB: 'I've had my fun in this league'

Super Bowl. Defensive star Rodgers-Cromartie mulling a post-NFL championship career change after six seasons

Dominique Rodgers-Cromartie is 27 years old, right in his prime as an NFL player.

Perfect time to retire.

The Denver Broncos cornerback said Monday he's giving serious consideration to hanging it up after the Super Bowl. He's not burned out, not worried about his health.

He just figures he's had a good run.

"I had a goal of playing five years, and I reached that," Rodgers-Cromartie said.

He's completed six seasons in the NFL, in fact, and could be in line to command plenty of money after making three interceptions in 2013. But Rodgers-Cromartie insisted that depending on how he feels after Sunday's game, he might call it quits.

He even knows what he



Dominique Rodgers-Cromartie of the Denver Broncos speaks to the media on Monday in Jersey City, N.J. The Broncos cornerback says he is seriously considering retirement after Super Bowl XLVIII. JEFF ZELEVANSKY/GETTY IMAGES

would do instead of football. He'd go back to college and study psychology to become a guidance counsellor at his old high school.

"I had my fun in this league," he said.

Rodgers-Cromartie came out of Football Championship Subdivision's Tennessee State and figures he wasn't supposed to make it in the NFL at all from a small school, let alone surpass the average two to three years that players last in the league.

He wasn't a typical lower-

division prospect, though, selected by the Cardinals with the 16th overall pick in 2008. Rodgers-Cromartie played three years in Arizona and two in Philadelphia before joining the Broncos.

He regularly tells his teammates about his plan.

"They always think I am joking about it," he said.

Even if he sticks around next season, Rodgers-Cromartie can't imagine repeating the feat of fellow Denver cornerback Champ Bailey, who's in his 15th year in the league.

Notes from New Jersey

- **Temperate title game.** The weather forecast for the first Super Bowl in an outdoor stadium in a cold-weather city is nothing out of the ordinary. National Weather Service meteorologist Anthony Gigi said Monday the forecast calls for temperatures to reach a high of 4 C with a low of -3 C. There is little threat of precipitation.
- **Bud bowl.** Seahawks coach Pete Carroll said Monday he supports commissioner Roger Goodell's message last week that the league could consider medicinal marijuana as a treatment if science proved it could be beneficial for players who have suffered concussions.

Asked about Bailey's longevity, Rodgers-Cromartie exclaimed a curse word in admiration, then added, "He can have that."

THE ASSOCIATED PRESS

Seasons changing for ice dance duo

Ice dance. Local duo Virtue and Moir vow to soak up final Olympic experience in Sochi

It's the final chapter of Canada's most successful ice dance story.

So when Tessa Virtue and Scott Moir touch down in Sochi for the Winter Olympics, they intend to soak up every second of it.

"I think we might just strap GoPro cameras to our heads," Moir joked. "We're going to try our best to be present. That's really our goal. We want to take in every moment. It really is a beautiful ride, and we're going to enjoy every single little bit of it."

That ride began in 1997, when Virtue was just seven and Moir was nine, and now, after an Olympic gold medal and two world titles, they're expected to retire after Sochi, closing the book on a partnership that has spanned nearly two decades.

Virtue, from London, Ont.,



Tessa Virtue and Scott Moir's Olympic free dance will be to Alexander Glazunov's *The Seasons*. DAVE SANDFORD/GETTY IMAGES

and Moir, from nearby Ilderton, captured gold at the 2010 Games in Vancouver, becoming the first North Americans to win an Olympic ice dance title. At just 20 and 22, they were the youngest ice dancers to ever win gold.

But the hours and days that

followed were a blur.

"People ask us, 'What was it like?' Some parts I don't even remember, it was such a whirlwind," Moir said. "Especially right after we won, there are about five days there that have gone missing. You look at photographs and kind of go,

'Oh that was there?'"

"It is overwhelming, absolutely," Virtue added. "I wish that I journalled more. I remember getting back to the athletes' village and thinking, 'You can either sleep for half an hour, take a shower, or write in your journal.'"

Their free dance for Sochi is to *The Seasons* by Russian composer Alexander Glazunov. After the passion and drama of last season's *Carmen* program, this year's long program is more reminiscent of the romance and silvery grace of their Vancouver Olympic

American obstacles

Virtue and Moir's only real rivals are Americans Meryl Davis and Charlie White, who share the same coach — Marina Zoueva — at their training base in Canton, Mich. Davis and White were runners-up to the Canadians in Vancouver, and won the 2011 and 2013 world championships.

- Davis and White edged Virtue and Moir in their only head-to-head competition this season — the Grand Prix Final in December.

free dance to Gustav Mahler's Symphony No. 5.

The *Seasons* mirrors the story of their partnership, from their early success that included a world junior title through the more turbulent times, to now. The final 30 seconds of the four-minute program represent Sochi. Their final pose is an elegant bow, one last salute to cap a couple of wonderful careers. **THE CANADIAN PRESS**

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- Ability to prep files for print production, including file stuffing (.zip, .sitx, .sit, .sea) and FTP experience
- Professional, personable, approachable with great communication skills (both verbal and written)
- Ability to thrive under pressure in a fast paced, multi-faceted and deadline driven environment with strong attention to detail (typography, copy, grammar, layout, images, colour, etc)
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NBA. Sizzling Durant caps 41-point night with winner

Kevin Durant scored 41 points, including the game-winning jumper with 1.5 seconds left, and the Oklahoma City Thunder rallied from a 14-point halftime deficit to beat the Atlanta Hawks 111-109 Monday night for their eighth straight victory.

Durant scored 13 in the fourth quarter, including a 16-foot, step-back jumper with 25.5 seconds remaining that put Oklahoma City ahead for the first time since the opening two minutes. Durant's 11-game streak of 30 or more points is the longest in the NBA since Tracy McGrady did it in 14 straight games in March and April 2003. **THE ASSOCIATED PRESS**



Kevin Durant shoots a jumper during his 41-point night in Monday's win over the Hawks. THE ASSOCIATED PRESS

Raptors at Nets

Patterson helps steal win in Brooklyn

Patrick Patterson stole Deron Williams' inbound pass and made the go-ahead jumper with six seconds left, and the Toronto Raptors stopped a five-game winning streak by the Brooklyn Nets for the second time this month with a 104-103 victory Monday night.

Brooklyn had a three-point lead with 17 seconds left behind Paul Pierce in his best game with the Nets, but John Salmons scored on a drive with 12 seconds remaining before Brooklyn took its last timeout to move the ball into the frontcourt.

Patterson stole the pass and fed Kyle Lowry, who got it back to Patterson for his jumper. **THE ASSOCIATED PRESS**

Bruins 6, Islanders 3

Bs' one-liner lands on Long Island

The line of Patrice Bergeron, Brad Marchand and Reilly Smith combined for three goals and six assists to lead the Boston Bruins to a seesaw victory over the New York Islanders on Monday.

Canes 3, Blue Jackets 2

It's all Staals in North Carolina

Jordan Staal scored the tie-breaking goal with 5:55 remaining to help the Carolina Hurricanes rally for a win over the Columbus Blue Jackets. Eric Staal scored twice in the third period as the Hurricanes erased a two-goal deficit.

Avalanche 4, Stars 3

Tanguay delivers in Dallas

Alex Tanguay scored the winning goal early in the third period, and Semyon Varlamov made it stand up for the Colorado Avalanche victory over the Dallas Stars on Monday night.

THE ASSOCIATED PRESS

Horoscopes

Aries

March 21 - April 20

Don't get discouraged if something you attempt does not work out the way you expected it to – it is still good practice and may even take you in a profitable new direction.

Taurus

April 21 - May 21

You have your sights fixed on certain goals and won't give up until you have reached them. However, cosmic activity in the area of your chart that governs dreams and desires warns you to get your ego out of the way.

Gemini

May 22 - June 21

Make an effort to see things as they are, undclouded by wishful thinking or negative expectations. The planets indicate you can achieve more now than at just about any other time.

Cancer

June 22 - July 23

Your confidence is high and you are intensely ambitious, but the planets warn that someone you think of as a friend is jealous of your success and plotting against you. Watch your back.

Leo

July 24 - Aug. 23

Although you think you know what is going on you would still be wise to wait a day or two before making any major decisions.

Virgo

Aug. 24 - Sept. 23

You need to make a serious effort to sort out your problems with partners and loved ones. You may not want to make the first approach but if you do you won't regret it. Show that you are ready to talk things through.

Libra

Sept. 24 - Oct. 23

Someone in a position of authority will look on you kindly today. What have you done to deserve their support? Who knows, but you would be a fool not to make the most of it.

Scorpio

Oct. 24 - Nov. 22

Anything of a creative nature will go well, but it will go even better if you make an effort to involve loved ones in what you are doing. Don't let others feel left out. Let them help you.

Sagittarius

Nov. 23 - Dec. 21

The Sun in Aquarius makes you more sociable than usual and that's good because other aspects indicate that someone interesting is coming your way.

Capricorn

Dec. 22 - Jan. 20

It may seem as if you are at the mercy of events and all you can do is go with the flow but is that the right sort of attitude? You're a Capricorn. You're supposed to make things happen. Show you have not lost your leadership potential.

Aquarius

Jan. 21 - Feb. 19

It's not like you to be impulsive but you may well throw caution to the wind today. And why not? Tomorrow's Sun-Uranus link suggests you can do no wrong.

Pisces

Feb. 20 - March 20

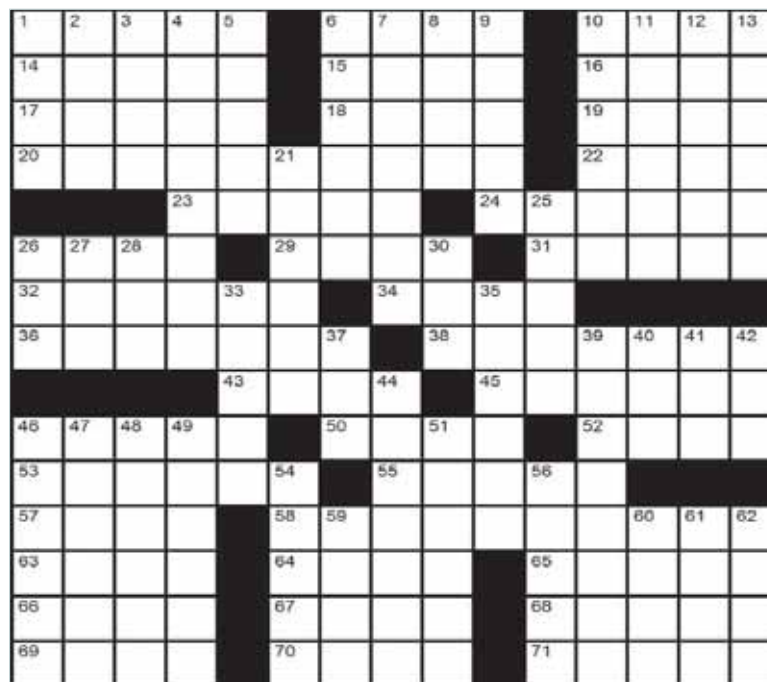
This is one of the most important times of the year for you, especially if you are fed-up with who you are and what you are doing and wish to transform your existence. So, who do you want to be and where do you want to be?

SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Squabbles
6. Canned meat
10. Dismal
14. ___-on bag
15. Prefix to 'copter'
16. Ms. Olin
17. Once more
18. Designer Mr. von Furstenberg
19. Cdn. competi- in 1972
20. Canadian snowboarding great/Olympian, Ross ___
22. Honk
23. Polar Bear snacks
24. Odour-ous
26. Some cars
29. 'M' of Canadian writer L.M. Montgomery
31. Beneath
32. Opera legend Mr. Caruso
34. Has tea elegantly
36. Halifax: Mount Saint ___ University
38. One of a cute "Star Trek" alien species
43. Just ___ on the map
45. Bark (as of trees) in French
46. Thick tablets
50. "Star Trek: Deep Space Nine" character
52. Sure signs?
53. Environment
55. "Giant" (1956) ranch
57. Bodily struc- ture, for short
58. Supported the vocalist: 2 wds.
63. Just in case...
64. ___ d'Orsay, in Paris



Down

1. Boo-boo in Al Pacino's 1983 flick
2. Book leaf side
3. 'A' in UAE
4. Mesozoic Era's first period
5. J.M. ___ (Irish playwright)
6. 1962 Tommy Roe tune
7. Winged horse
8. Bunches: 2 wds.
9. Cooper cars
10. ___-free bread
11. Flipped the house
12. Footwear accessory
13. Self-sacrificer
21. Kingston-born Celtic singer, Mary

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

- Jane ___
25. Billboard's concern
26. Mr. Bacon, to pals
27. Pasta suffix, often
28. Prince Valiant's son
30. 'Said' in Sherbrooke
33. Discontinue
35. Ready-made, commonly
37. Pull along
39. Michael ___ ("Cityline" chef, a Judge on "Master-Chef Canada")
40. William to Harry, for short
41. TV kind
42. Mr. Cummings of poetry, et al.
44. Twister
46. The ___ (Speed metal band Canadian country star Corb Lund was in)
47. Baseball order to bat
48. 1960 film for Canadian actor John Qualen, "North to ___"
49. Werewolf series on Space
51. Part
54. From Sea to Sea: 'A Mari ___ ad Mare', Canada's motto
56. Converses

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY

WEDNESDAY

THURSDAY



MAX: -1°
MIN: -16°



MAX: -10°
MIN: -11°



MAX: -14°
MIN: -23°



MICHELE MCDUGALL
WEATHER SPECIALIST

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes." WEEKDAYS 5:30 AM



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